



3c. In-Store Exercise Instructor's Guide



Set-up

- Choose one of the three sample WIC checks for exercise
 - Recommendation: Have trainee complete shopping cart review with one check at a time
- Make needed copies of sample check for each trainee
- Secure copies of current WIC Approved Foods List for each trainee
- Determine time frame and other conditions for exercise
- Collect foods in shopping carts that relate to items presented on each sample check
 - Recommendation: Have at least two products that are either not approved foods or are not authorized by sample check

During the Activity

- Explain that the following exercise will help them learn how to evaluate items presented with WIC check
- Hand out sample check and WIC Approved Foods List to each trainee
- Bring forward each shopping cart of items for trainee review
- Begin activity
- Assist as needed

After the Activity

- Review correct and incorrect food selections
- Discuss errors made
 - Emphasize need to carefully read labels and compare with details in WIC Approved Foods List
 - Have trainees replace non-approved foods with approved foods
- Ask for questions about WIC foods selection
- Remind trainees to use WIC Approved Foods List located at register to answer questions about food selection